**Define**: explain what anxiety disorders are  
**Locate**: information on beyond blue, agency booklets  
**Select**: choose relevant information on topic  
**Organise**: place subtopics in groups that will frame essay  
**Present**: 1500 word essay. Referenced

**FOCUS QUESTIONS**

* What is an anxiety disorder?
* What happens in the brain during anxiety?
* What are the types of anxiety disorders and what are the symptoms?
* What treatment methods are there for anxiety sufferers?
* What are the statistics on anxiety sufferers in Australia?

**Anxiety Disorders  
F1. Introduction on Anxiety –** what is it? Types of anxiety disorders **F2. Effect on Brain –** how is the brain affected during anxiety/stress **F3. Disorder 1 –** description, symptoms **Disorder 2 –** description, symptoms **Disorder 3 –** descriptions, symptoms **Disorder 4 –** descriptions, symptoms **Disorder 5 -** descriptions, symptoms **F4. Treatment methods –** what are the treatment options for anxiety sufferers? **Medication –** what medications are used?  
 **Techniques –** how to manage anxiety disorders, where to get help etc. **F5. Statistics –** age groups

1500 words? If over – focus on 3 disorders instead of 5